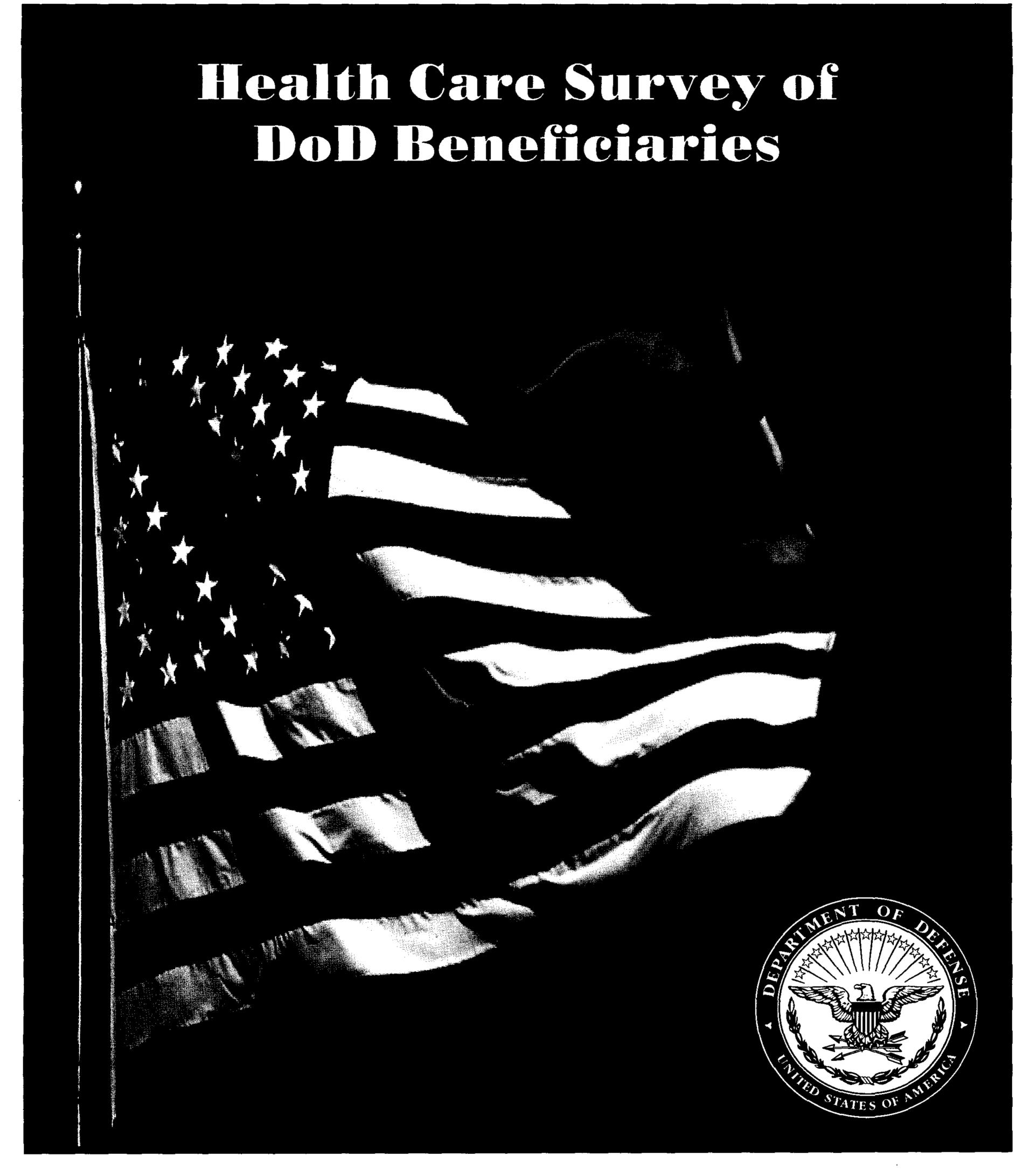
RCS: DD-HA(A) 1942 Expires: 09/12/03



UHC Survey No. 00-0001 17458781 October 2001

SURVEY INSTRUCTIONS

Answer <u>all</u> the questions by checking the circle to the left of your answer. You are sometimes told to skip over some questions in this survey. When this happens you will see a note that tells you what question to answer next, like this:	
○ Yes Go to Question 1○ No	
Please return the completed questionnaire in the enclosed postage-paid envelope within <u>seven days</u> . If you have misplathe envelope, our address is: Office of the Assistant Secretary of Defense (Health Affairs) c/o Survey Processing Center PO Box 82660 Lincoln, NE 68501-9462	ice(
According to the Privacy Act of 1974 (Public Law 93-579), the Department of Defense is required to inform you of the purposes and use of this survey. Please read it carefully.	
Authority: 10 U.S.C., Chapter 55, Public Law 102-484, E.O. 9397.	
Purpose: This survey helps health policy makers gauge beneficiary satisfaction with the current military healthcare system and provides valuable input from beneficiaries that will be used to improve the Military Health System.	em
Routine Uses: None	
Disclosure: Voluntary. Failure to respond will not result in any penalty to the respondent. However, maximum participa is encouraged so that data will be as complete and representative as possible.	tion
SURVEY STARTS HERE	
· · · · · · · · · · · · · · · · · · ·	
This survey is about the health care of the person addressed in the cover letter. The questionnaire should be completed by that person. If you are not the addressee, please give this survey to the person named in the cover letter.	r
1. Are you the person whose name appears on the mailing label of this envelope?	
 Are you the person whose name appears on the mailing label of this envelope? Yes Go to Question 2 No Please give this questionnaire to the person addressed on the envelope. 	





2.	Which of the following health plans are you currently covered by? MARK ALL THAT APPLY.
	 a. Military Health Plans TRICARE Prime TRICARE Senior Prime TRICARE Extra or Standard (CHAMPUS)
	b. Other Health Plans Medicare Federal Employees Health Benefit Program (FEHBP) Medicaid A civilian HMO (such as Kaiser) Other civilian health insurance (such as Blue Cross) Uniformed Services Family Health Plan (USFHP) The Veterans Administration (VA)
	c. Not sure
3.	Currently, are you covered by Medicare Part A? Medicare is the federal health insurance program for people aged 65 or older and for certain disabled people. Medicare Part A helps pay for inpatient hospital care.
	 Yes, I am now covered by Medicare Part A No, I am not covered by Medicare Part A
4.	Currently, are you covered by Medicare Part B? Medicare is the federal health insurance program for people aged 69 or older and for certain disabled people. Medicare Part B helps pay for doctor's services, outpatient hospital services, and certain other services.
	 Yes, I am now covered by Medicare Part B No, I am not covered by Medicare Part B
5.	Currently, are you covered by Medicare supplemental insurance? Medicare supplemental insurance, also called Medigap or MediSup, is usually obtained from private insurance companies and covers some of the costs not paid for by Medicare.
	 Yes, I am now covered by Medicare supplemental insurance No, I am not covered by Medicare supplemental insurance
6.	How is your enrollment fee or insurance policy premium paid?
	 No cost to me or my family. A present or former employer, union, or other organization pays the entire cost. I or my family share the cost with a present or former employer, union, or other organization. I or my family pay the entire cost. Not sure

7.	Which health plan did you use for all or most of your	healthcare in the last 12 months? MARK ONL	Y ONE.
	 a. Military Health Plan TRICARE Prime TRICARE Senior Prime TRICARE Extra or Standard (CHAMPUS) 		
	 b. Other Health Plan Medicare Federal Employees Health Benefit Program (FEH Medicaid A civilian HMO (such as Kaiser) Other civilian health insurance (such as Blue Cros Uniformed Services Family Health Plan (USFHP) The Veterans Administration (VA) 	ss)	
	 c. Not sure Did not use any health plan in the last 12 months 	Go to Question 9	
Foi	r the remainder of this questionnaire, the term <u>health plan</u> i	refers to the plan you indicated in Question 7.	
8.	How many months or years in a row have you been in	n this health plan?	
	 Less than 6 months 6 up to 12 months 2 up to 24 months 2 up to 5 years 	5 up to 10 years10 or more years	
	YOUR PERSONAL DOCTOR	, OR NURSE	
	e next questions ask you about <u>your own</u> healthcare. <u>Do respital. Do not include the times you went for dental care vi</u>	_ 	ight in a
9.	A personal doctor or nurse is the health provider who doctor, a nurse practitioner, or a physician assistant.	•	tor, a specialist
	When you joined your health plan or at any time since	e then, did you get a <u>new</u> personal doctor or i	nurse?
	○ Yes ○ No Go to Question 11		
10.	With the choices your health plan gave you, how much you are happy with?	h of a problem, if any, was it to get a persona	al doctor or nurse
	 A big problem A small problem I didn't get a new personal 	doctor or nurse.	
11.	Do you have one person you think of as your persona	al doctor or nurse?	
	○ Yes ○ No Go to Question 13		
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12.	We want to know your rating of <u>your personal doctor or nurse.</u>
	Use <u>any number from 0 to 10</u> where 0 is the worst personal doctor or nurse possible, and 10 is the best personal doctor or nurse <u>now</u> ?
	 0 Worst personal doctor or nurse possible 1 2 3 4 5 6 7 8 9
	 10 Best personal doctor or nurse possible I don't have a personal doctor or nurse.
13.	Are you <u>currently</u> enrolled in TRICARE Prime or Senior Prime?
	○ Yes ○ No Go to Question 16
14.	As a member of TRICARE Prime or Senior Prime, do you have a Primary Care Manager (PCM) based in a <u>military</u> or <u>civilian</u> facility?
	(In TRICARE Prime and Senior Prime, a PCM is a healthcare provider who is your primary point of contact with the health system. He or she provides routine care, coordinates your total healthcare, arranges for hospital admissions, makes referrals to specialists, maintains health records, and recommends preventive and wellness services.)
	 A primary care manager based at a military facility A primary care manager based at a civilian facility Not sure
	 Not a member of TRICARE Prime or Senior Prime
15.	Do you know your PCM's name?
	○ Yes ○ No
	GETTING HEALTHCARE FROM A SPECIALIST
Wh	en you answer the next questions, <u>do not</u> include dental visits.
16.	<u>Specialists</u> are doctors like surgeons, heart doctors, allergy doctors, skin doctors, and others who specialize in one area of healthcare.
	In the last 12 months, did you or a doctor or nurse think you needed to see a specialist?
	○ Yes ○ No Go to Question 18

7. In the	e last 12 months	s, how much of a problem, if any, was it to get a referral to a specialist that you needed to see?
	A big problem A small problem	 Not a problem I didn't need to see a specialist in the last 12 months.
8. In the	e last 12 months	s, did you see a specialist?
O Y	es O No	Go to Question 21
	vant to know you	ur rating of the <u>specialist you saw most often</u> in the last 12 months, including a personal doctor if cialist.
_	any number from d you rate the s	n 0 to 10 where 0 is the worst specialist possible, and 10 is the best specialist possible. How pecialist?
0 0 0 0 0 0 0 0 0 0 0 0 1 0 0 0 0 0 0 0	0 Best specialis	
	-	s, was the specialist you saw most often the same doctor as your personal doctor?
○ Y	es O No	I don't have a personal doctor or I didn't see a specialist in the last 12 months.
		CALLING DOCTORS' OFFICES
1. In the your:		s, did you call a doctor's office or clinic <u>during regular office hours</u> to get help or advice <u>for</u>
O Y	es O No	Go to Question 23
2. In the need		s, when you called during regular office hours, how often did you get the help or advice you
\circ S		 Always I didn't call for help or advice during regular office hours in the last 12 months.

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	YOUR HEALTHCARE IN THE LAST 12 MONTHS
23.	A <u>health provider</u> could be a general doctor, a specialist doctor, a nurse practitioner, a physician assistant, a nurse, or anyone else you would see for healthcare.
	In the last 12 months, did you make any appointments with a doctor or other health provider for <u>regular or routine</u> healthcare?
	○ Yes ○ No Go to Question 26
24.	In the last 12 months, how often did you get an appointment for <u>regular or routine</u> healthcare as soon as you wanted?
	 Never Sometimes Usually Always I didn't need an appointment for regular or routine care in the last 12 months.
25.	In the last 12 months, how many <u>days</u> did you usually have to wait between making an appointment for <u>regular or routine</u> care and actually seeing a provider?
	 Same day 1 day 2-3 days 4-7 days 8-14 days 15-30 days 31 days or longer I tried but could not get an appointment. I didn't need an appointment for regular or routine care in the last 12 months.
26.	In the last 12 months, did you have an <u>illness or injury</u> that needed care right away from a doctor's office, clinic, or emergency room?
	○ Yes ○ No Go to Question 29
27.	In the last 12 months, when you needed care right away for an <u>illness or injury</u> , how often did you get care as soon as you wanted?
	 Never Usually I didn't need care right away for an illness or injury in last 12 months. Sometimes Always
28.	In the last 12 months, how <u>long</u> did you usually have to wait between trying to get care and actually seeing a provider for an <u>illness or injury</u> ?
	 Same day 4-7 days 1 day 8-14 days 2 days 15 days or longer 3 days I didn't need care right away for an illness or injury in the last 12 months.
29.	In the last 12 months, how many times did you go to an <u>emergency room</u> to get care for yourself?
	 ○ None ○ 1 ○ 2-3 ○ 4-6 ○ More than 6

30.					ths (not get care		•	•	u wer	nt to	an e	merg	jenc	y roc	m), ho	w m	any	time	s did	you	go to a	doctor	<u>'s</u>
	0	None	: G	o to	Questio	n 41	O 1	1 0	2	0	3	0	4	0	5 to 9	() '	10 or	more				
31.	ln t	he las	t 12	mor	iths, hov	v much	of a	proble	m, if a	ıny,	was i	it to (get 1	the ca	are you	ı or	a do	ctor	belie	ved n	ecess	ary?	
	0	A big	prob	lem	0	A smal	l prot	olem	0	Not	t a pro	oblem	1	0	I had r	10 vi	sits	in the	last 1	2 mo	nths.		
32.		he las ır hea			ths, hov	v much	of a	proble	m, if a	ıny,	were	dela	ys i	n he	althcai	re w	hile	you '	waite	d for	approv	al from	,
	0	A big	prob	lem	0	A smal	l prob	olem	0	Not	t a pro	oblem	1	0	I had r	10 vi	sits	in the	last 1	12 mo	nths.		
33.					ths, hove to see t							's off	ice	or cli	nic <u>mo</u>	ore t	<u>han</u>	<u>15 m</u>	<u>inute</u>	<u>s</u> pas	t your		
	0	Neve	r	0	Sometim	nes	\circ (Usually		> A	lways	\$	0	I had	no visi	its in	the	last 1	12 mo	nths.			
34.	in t	he las	t 12	mon	ths, hov	v often	did o	office s	taff at	a d	octor	r's of	fice	or cli	inic tre	eat y	ou v	with <u>c</u>	ourte	esy ai	nd res	pect?	
	0	Neve	r	0	Sometim	nes	\circ (Usually		> A	lways	5	0	l had	no visi	its in	the	last '	12 mo	nths.			
35.	in t	_	t 12	mon	ths, hov	v often	were	office	staff	at a	doct	or's (offic	e or	clinic a	as <u>h</u> e	<u>elpf</u> (<u>ul</u> as	you t	hougi	ht they	should	1
	0	Neve	٢	0	Sometim	nes	\circ (Usually		> A	lways	5	0	l had	no visi	its in	the	last 1	l2 mo	nths.			
36.	In t	he las	t 12	mon	ths, hov	v often	did	doctor	s or of	ther	heal	th pro	ovid	iers <u>l</u> i	isten c	aref	ully	to yo	<u>u</u> ?	;			
	0	Neve	r	0	Sometim	es	\circ (Usually		> A	lways	5	0	I had	no visi	its in	the	last 1	12 mo	nths.			
37.	In t	he las	t 12	mon	ths, hov	v often	did (doctors	s or of	ther	heal	th pro	ovid	lers <u>e</u>	xplain	thin	igs i	in a v	vay yo	ou co	uld un	derstan	ď
	0	Neve	r	0	Sometim	nes	\circ (Jsually		> A	lways	3	0	l had	no visi	its in	the	last 1	l2 mo	nths.			
38.	ln t	he las	t 12	mon	ths, hov	v often	did (doctors	s or ot	her	healt	th pro	ovid	lers s	how <u>re</u>	espe	ect f	or wh	at yo	u hac	d to sa	y?	
	$\dot{\bigcirc}$	Neve	r		Sometim	es	ા (Jsually		> A	lways	}	0	l had	no visi	its in	the	last 1	2 mo	nths.			
39.	in t	he las	t 12	mon	ths, how	v often	did d	loctors	or ot	her I	healtl	h pro	vide	ers <u>s</u> į	pend e	nou	gh t	<u>ime</u> v	vith y	ou?			
	0	Neve	r 	O	Sometim	es	ા	Jsually		> A	lways	;	<u> </u>	l had	no visi	ts in	the	last 1	2 moi	nths.			
											*0AE7A												

40.	We want to know your rating of all your healthcare in the last 12 months from all doctors and other health providers.
	Use <u>any number from 0 to 10</u> where 0 is the worst healthcare possible, and 10 is the best healthcare possible. How would you rate all your healthcare?
	 0 Worst healthcare possible 1 2 3 4 5 6 7 8 9 10 Best healthcare possible I had no visits in the last 12 months.
41.	Is there a military treatment facility (MTF) located conveniently to you?
	○ Yes ○ No
42.	In the past 12 months, how much of your healthcare did you receive from a MTF? Do not count pharmacy use as healthcare.
	 All of my healthcare that was available at the MTF Most of my healthcare None of my healthcare
43.	In the past twelve months, how many of your perscriptions were filled at a MTF pharmacy?
	 All of my prescriptions were filled at a MTF pharmacy Most but not all of my prescriptions were filled at a MTF pharmacy Some but not most of my prescriptions were filled at a MTF pharmacy None of my prescriptions were filled at a MTF pharmacy
44.	In the last 12 months, how many prescriptions did you have that were written by a civilian provider but were filled at a military pharmacy? INCLUDE REFILLS.
	 ○ None ○ 1-5 ○ 6-10 ○ 11-15 ○ More than 15
45 .	In the last 12 months, where did you go most often for your healthcare? MARK ONLY ONE ANSWER.
	 A military facility - This includes: Military clinic, Military hospital, PRIMUS clinic, NAVCARE clinic A civilian facility - This includes: Doctor's office, Clinic, Hospital, Civilian TRICARE contractor Uniformed Services Family Health Plan facility (USFHP) Veterans Affairs (VA) clinic or hospital I went to none of the listed types of facility in the last 12 months.

	YOUR HEALTH PLAN									
	next questions ask about your experience with <u>your health plan</u> . By your health plan, we mean the health plan you rked in Question 2.									
1 6.	Claims are sent to a health plan for payment. You may send in the claims yourself, or doctors, hospitals, or others may do this for you.									
	In the last 12 months, did you or anyone else send in any claims to your health plan?									
	○ Yes ○ No Go to Question 50 ○ Don't know Go to Question 50									
4 7.	In the last 12 months, how often did your health plan handle your claims in a reasonable time?									
	 Never Usually Don't know Sometimes Always No claims were sent for me in the last 12 months. 									
48 .	In the last 12 months, how often did your health plan handle your claims correctly?									
	 Never Usually Don't know Sometimes Always No claims were sent for me in the last 12 months. 									
1 9.	In the last 12 months, before you went for care, how often did your health plan <u>make it clear how much you would</u> <u>have to pay</u> ?									
	 Never Usually Don't know Sometimes Always No claims were sent for me in the last 12 months. 									
50.	In the last 12 months, did you look for any information in written materials from your health plan?									
	○ Yes Yes, but I never got any information Go to Question 52 No Go to Quesion 52									
51.	In the last 12 months, how much of a problem, if any, was it to find or understand information in the written materials?									
	 A big problem A small problem I didn't look for information from my health plan in the last 12 months. 									
52.	In the last 12 months, did you call your health plan's <u>customer service</u> to get information or help?									
	○ Yes ○ No Go to Question 54									
53.	In the last 12 months, how much of a problem, if any, was it to get the help you needed when you called your health plan's customer service?									
	 A big problem A small problem I didn't call my health plan's customer service in the last 12 months. 									
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54	. In the last 12 months, have you called or written your health plan with a complaint or problem?
	○ Yes ○ No Go to Question 57
55	. How long did it take for the health plan to <u>resolve</u> your complaint?
	 Same day 1 week 2 weeks 3 weeks 4 or more weeks 1 am still waiting for it to be settled. I haven't called or written with a complaint or problem in the last 12 months.
56	. Was your <u>complaint or problem</u> settled to your satisfaction?
	 Yes I am still waiting for it to be settled. No I haven't called or written with a complaint or problem in the last 12 months.
57	. Paperwork means things like having your records changed, processing forms, or other paperwork related to getting care.
	In the last 12 months, did you have any experiences with paperwork for your health plan?
	○ Yes ○ No Go to Question 59
58	. In the last 12 months, how much of a problem, if any, did you have with paperwork for your health plan?
	 A big problem A small problem
	 Not a problem I didn't have any experiences with paperwork for my health plan in the last 12 months.
	Tululi thave any experiences with paperwork for my nealth plan in the last 12 months.
59	. We want to know your rating of all your experience with <u>your health plan</u> .
	Use <u>any number from 0 to 10</u> where 0 is the worst health plan possible, and 10 is the best health plan possible. How would you rate your health plan <u>now</u> ?
	 0 Worst health plan possible 1 2 3 4 5 6 7 8
	910 Best health plan possible

60.	If you are <u>currently enrolled</u> in TRICARE Prime, how likely are you to <u>disenroll</u> from TRICARE Prime for a different type of health plan in the next 12 months?
	 Very unlikely Unlikely Neither likely nor unlikely Likely Very likely Not sure
	I am not currently enrolled in TRICARE Prime.
	PREVENTIVE CARE
Pre pro	eventive care is medical care you receive that is intended to maintain your good health or prevent a future medical blem. A physical or a cholesterol screening are examples of preventive care.
61.	Not counting when you were sick or pregnant, when was the last time you had a general medical or physical examination or checkup?
	 Less than 12 months ago 1 to 2 years ago More than 2 but less than 5 years ago Never had a general physical or checkup
62.	When did you last have a blood pressure reading?
	○ Less than 12 months ago○ 1 to 2 years ago○ More than 2 years ago
63.	Do you know if your blood pressure is too high or not?
	○ Yes, it is too high○ No, it is not too high○ Don't know
64.	When did you last have a cholesterol screening, that is, a test to determine the level of cholesterol in your blood?
	 Less than 12 months ago 1 to 2 years ago More than 2 but less than 5 years ago Never had a cholesterol screening
65.	When did you last have a flu shot?
	 Less than 12 months ago 1 - 2 years ago More than 2 years ago Never had a flu shot
66.	Have you ever <u>smoked</u> at least 100 cigarettes in your entire life?
	○ Yes ○ No Go to Question 70 ○ Don't know Go to Question 70
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67.	Do you now smoke every day, some days or not at all?
	 Every day Go to Question 69 Some days Go to Question 69 Not at all Don't know Go to Question 70
68.	How long has it been since you quit smoking cigarettes?
	 Less than 12 months 12 months or more Go to Question 70 Don't know Go to Question 70
69.	In the last 12 months, on how many visits were you <u>advised to quit</u> smoking by a doctor or other health provider your plan?
	○ None○ 1 visit○ 2 to 4 visits○ 5 to 9 visits○ 10 or more visits
70.	Are you male or female?
	○ Male Go to Question 71 ○ Female Go to Question 72
71.	When was the last time you had a prostate gland examination or blood test for prostate disease?
	 Within the last 12 months 1 to 2 years ago More than 2 but less than 5 years ago 5 or more years ago Never had a prostate gland examination
	Go to Question 79
72.	When did you last have a Pap smear test?
	 Within the last 12 months 1 to 3 years ago More than 3 but less than 5 years ago Sor more years ago Never had a Pap smear test
73.	Are you under age 40?
	○ Yes Go to Question 76 ○ No
74.	When was the last time your breasts were checked by mammography?
	 Within the last 12 months 1 to 2 years ago More than 2 years but less than 5 years ago 5 or more years ago Never had a mammogram
75.	When was the last time you had a breast exam by a healthcare professional?
	 Within the last 12 months 1 to 2 years ago More than 2 years but less than 5 years ago S or more years ago Never had a breast exam

76. Have you been pregnant in the last 12 months or are you pregnant now?					
	 Yes, I am currently pregnant Go to Question 77 No, I am not currently pregnant, but have been in the past 12 months Go to Question 78 No, I am not currently pregnant, and have not been pregnant in the past 12 months Go to Question 79 				
77. In what trimester is your pregnancy?					
	 ○ First trimester ○ Second trimester ○ Third trimester 				
78. In which trimester did you first receive prenatal care?					
	 ○ First trimester ○ Second trimester ○ Third trimester ○ Did not receive prenatal care 				
	ABOUT YOU				
These questions are about your health now and your current daily activities. Please try to answer every question as accurately as you can. Please mark one answer for each question.					
79.	. Overall, how would you rate your health during the <u>past 4 weeks</u> ?				
	○ Excellent○ Very Good○ Good○ Fair○ Poor○ Very Poor				
80.	. During the <u>past 4 weeks,</u> how much did physical health problems limit your usual physical activities (such as walkin or climbing stairs)?				
	○ Not at all ○ Very little ○ Somewhat ○ Quite a lot ○ Could not do physical activities				
81.	31. During the <u>past 4 weeks,</u> how much difficulty did you have doing your daily work, both at home and away from hom because of your physical health?				
	○ Not at all ○ A little bit ○ Some ○ Quite a lot ○ Could not do daily work				
82. How much bodily pain have you had during the past 4 weeks?					
	○ None ○ Very mild ○ Mild ○ Moderate ○ Severe ○ Very severe				
83.	. During the <u>past 4 weeks</u> , how much energy did you have?				
	○ Very much○ Quite a lot○ Some○ A little○ None				
84.	84. During the <u>past 4 weeks,</u> how much did your physical health or emotional problems limit your social activities with family or friends?				
	O Not at all O Very little O Somewhat O Quite a lot O Could not do social activities				
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85.	During the <u>past 4 weeks,</u> how much have you been bothered by <u>emotional problems</u> (such as feeling anxious, depressed or irritable)?			
	○ Not at all ○ Slightly ○ Moderately ○ Quite a lot ○ Extremely			
86. During the <u>past 4 weeks</u> , how much did personal or emotional problems keep you from doing your usus school or other daily activities?				
	○ Not at all ○ Very little ○ Somewhat ○ Quite a lot ○ Could not do daily activities			
87.	For this last question, we would like you to shift your focus to look back over the past year. Compared to one yea ago, how would you rate your health in general now?			
	 Much better now than one year ago Somewhat better now than one year ago About the same as one year ago Somewhat worse now than one year ago Much worse now than one year ago Much worse now than one year ago 			
88.	What is the highest grade or level of school that you have completed?			
	 8th grade or less Some high school, but did not graduate High school graduate or GED Some college or 2-year degree 4-year college graduate More than 4-year college degree 			
89.	Are you of Hispanic or Latino origin or descent? (Mark "NO" if not Spanish/Hispanic/Latino.)			
	 No, not Spanish, Hispanic, or Latino Yes, Mexican, Mexican American, Chicano Yes, Puerto Rican Yes, Cuban Yes, other Spanish, Hispanic, or Latino 			
90.	What is your race? (Mark ONE OR MORE races to indicate what you consider yourself to be.)			
 White Black or African American American Indian or Alaska Native Asian (e.g., Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese) Native Hawaiian or other Pacific Islander (e.g., Somoan, Guamanian, or Chamorro) 				
91.	What is your age now?			
	 18 to 24 35 to 44 55 to 64 75 or older 25 to 34 45 to 54 65 to 74 			

If you are active duty, go to Question 94.

92.	Which of the following are important to you in your decision whether to use a MTF for your healthcare? MARK ALI THAT APPLY			
	 Cost to you Convenience of location Quality of healthcare Convenience of telephone access Timeliness of appointments 	 Military courtesy Relationship with a personal physician Co-location of services in a MTF Lack of paperwork/claims 		
93.	Of the reasons listed in Question 92, which is the <u>single most important reason</u> to you in your decision to use a MT for your healthcare? MARK ONLY ONE			
	 Cost to you Convenience of location Quality of healthcare Convenience of telephone access Timeliness of appointments 	 Military courtesy Relationship with a personal physician Co-location of services in a MTF Lack of paperwork/claims 		
94.	Which of the following sources are you likely to use for information regarding changes to your military healthcare benefit? MARK ALL THAT APPLY			
	 Retiree organization newsletter Health Benefits Advisor Pamphlets in a MTF Internet Base newspaper 	 Information in retired pay statement TV Radio Friends or relatives Beneficiary Counseling Assistance Coordinators (BCACs) 		
95.	In the last 12 months, how much did you and your family spend for healthcare that was not covered by your health plan? For example, how much did you spend on premiums, enrollment fees, co-payments, co-insurance, deductibles, payments for non-covered items, balance billing by providers, or other payments for office visits?			
	\$0 \$1-\$500 \$501-\$1,0	000 \$1,001-\$1,500 • More than \$1,500 • Not sure		
		THANK YOU		
	Please return the co	ompleted survey in the postage-paid envelope.		

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